

Creative Dancing

Lesson I

Oct. 1

1. Review of last year's technique
2. Toe flexion and ankle extension
3. Hips position - wgt. evenly divided.
Springing up and down in this position to 8 cts. Repeat to lt. 8 cts. Then 4, 2, 1.

Lesson II

Oct. 3

1. Giant steps - wgt. coming forward ~~after~~ forward foot has come down.
2. Fundamentals of a walk - heel - pushing off rear ft.
3. Sitting with legs on rt. - lt. leg bent + as far over to lt. as possible. Arms in yk. Contract hip muscles. Change to lt. by swinging legs str. out to side, feet and to lt. - repeat contraction of hip muscles.
4. Lines of height (tall, medium, short) walking with long strides.
5. Heels together (sitt. pos.) push knees down at side. long sitt. position - heels not touching floor - reach over and try to touch toes. legs - stride pos. " " " " " "
6. In two's - "set" step ($\frac{3}{4}$ time). Clapping hds. on cts. 1, 3, 5 - Count 1-6!
7. In groups - diff. rhythms - make up movements.

Lesson III

Oct. 8

1. Holding toes down to floor - flexing them so that metatarsals are raised.
2. ~~Skip~~ Step leap with lt. + rt. leg.
 - a. with fore. knee bent.
 - b. " both knees str. in air.
3. Slow walk becoming faster + breaking into run - pushing off with back foot.

Lesson IV

Oct. 10

1. Four groups skipping - leader making pattern.
2. Stretch. + relaxing
3. Extending leg back.
4. Leg pumping - fore., back, side + then in opp. rotational.
5. Characteristic Study - a study in space.
e.g. movements in 3 diff. planes.
Peripheral movement - away from mid-line. Centralized movement - toward centre or mid-line.
6. Rhythmic exercise - each group accenting diff. times.
7. Running and leaping - run, run, run, leap
leaping " Running - leap, " " run

Lesson V

Oct. 15

1. Finger Exercises - one at a time.

Wrist	"	- same
Shoulder	"	- hunch + relax
Arms	"	- circling
2. Head " " "

2. Chest expansion + relaxing - hds. on hips - rotation.
3. Hips - circling + telling forward + backward.
4. Legs - " fig. 8. Flexion + extension
- Knee - " " " " "
- Ankle - " " " " "
- Foot - " " " " "
5. Spring jumping - feet changing back + forward.
6. Sitting w. legs on ^{1st} side - raise rt. knee off floor - relax + repeat.

Lesson I

Oct. 17th

1. Review of past work.
2. Leaps and runs to $\frac{3}{4}$ time.
3. Demonstration by groups to illustrate different play runs like leap & run.

Lesson II

Oct. 22nd

1. Review of technique
2. Different walking steps around room.
3. Resultant rhythms.

Lesson III

Oct. 24th

- N.B. 3 elements of dancing
1. Rhythm
 2. Space
 3. Strength or dynamics.

2. Exercises to illustrate these

3. For children: - Chairs placed at different intervals on the floor. As many pupils as chairs running from chair to chair - touching a chair at a certain accented beat.
(8 cl's. in meas.)

4. Toe Exercises for strengthening arch.

May Pole Dance

Entrance - Run across end of room. Face & run in straight line to distance from pole, ends made around to further side. Stand opposite streamer.

Chords - Gathering peascods counterclockwise to pole, counterclockwise to partner. Take partners blue, girls; red, boys. Join hands in circle.

Join hands in circle.
8 m. i 4 steps in, 4 out. Repeat
8 m. ii Turn R., releasing hds. run 8 steps turning outw., return 8 steps.

8 m. iii Blues face R about, boys take a sidestep outw. Run 8 steps, four. Turn about, boys outw., girls inward.

2 m. iv Blues 4 steps in & balance.

8 m. Reds 4 phant steps forward. join hds. Reds run side R. 8 steps. Return 8 steps.

2 m. Girls move back to make basket.

8 m. All circle L 8 steps. Return 8 steps.
Interlude.

2 m. Drops hds. move back to places, face partners.

8 m. v a. All run four. 4 steps L. shoulder to partners. Run back

4 steps. Girls kneel, while boy runs around girl with 8 steps.

b. Repeat forw. + backw. Girls circle kneeling boy in such a way as to unwind streamers.

vi.

Form in four 3's.

Braid each 3 strands 1-2-3.

3 runs in back of 2, in front of 1

2 runs in " " 1 " " " 3

1 " " " " 3 " " " 2

Repeat all again.

Interlude - Give all strands to centre one. Three girls

Theory of Dance

Apr. 30th - '41

Addresses for dance material:

1. Promenade Music Shop Centre -
Toronto.

2. Associated Music Pub.
25 W. 45th St.

N. York

"Collection Moderne"

Edward B. Mann

Vol. I.

Music Corporation

R. C. A. Building

Radio City, N. Y.

#1.50

Vol. II pg. 54 "Dance of Russian Sailors"
[a theme + variation, lively - I &

pg. 72 "The Fairy Tale"

[sad & pretty]

pg. 75 "Savanne"

[lively & pretty setting]

"Land of the Three Dragons"

~~Frank~~ Cesar Franck -

"Prelude Coral & Fend"

#1.00

"Rhythms" - Dalcroze

"Key Music Book" - Vol. II, III.

Associated Music Publishers #1.50

Customers:

Canadian Celanese Co.

110 Spadina Ave.

} no individual
work -

Garden McKay
48 Front St. (wholesale)

Dreems:

\$2⁵⁰

Gretsch

60 Broadway -

Wigman drum Brooklyn, N.Y.

Children's Work - (Suggestions)

1. "Days of the Week" - e.g. Monday's Child
2. A.A. Milne poems - Christopher Robin
"Vespers"
3. Sailing - anything with the sea in it.
4. Candlelight Dance -
5. Merry-go-round
6. "If I Were Big"
8. "Autumn Wind"
9. "Beautiful Land of God"

Don't use "modern dance" to advertise class - scares people away. Use

"silhouette" - gymnastic dance -

Pre-classical form is best way to begin dance class. Start off by teaching a dance + class can make up last step.

Ballet is good for limbering-up exercises.

Theory of the Modern Dance

Characteristics -

1. Movement - it is the most elementary physical experience of human life. With this rediscovery dance once more became an art in itself independent of external influences such as narrative, scenery, music and costumes.

Movement is the substance of dance. As sound is to music, movement is to dance.

A. Classification of movement -

- (i) pushing - medium impulses & gravity does the rest.
- (ii) sustained - steady & even with no impulses or accent.
- (iii) percussion - whip like movt with impulses dominant
- (iv) vibration - one impulse so quickly on top of other that they cannot be separated
- (v) suspension - cessation of movt. at end of other movts.

One movt is composed of one or more of above.

B. Movement classified as to Base -

- (i) Axial - or movt. on restricted base e.g. standing.
- (ii) Locomotor - movt. in space.



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